

In re Patent Application of:

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**IN THE ABSTRACT:**

An adjustable ~~This invention relates to a shock attenuation method and system for~~ of an elastic insole of a shoe includes an insole body and a pressure controller ~~shoes for adjusting elastic force. The~~ A pressure controller in an elastic insole of shoes ~~at least~~ uses two pressure controlling modes, and can be adjusted ~~adjusts to select between the alternate alternative on/off of one of pressure controlling modes using a rotatable shaft extending from the sole of the shoe by screw. This invention can adjust shock attenuation and damping effect, and is practical and reliable, can be suitable for human body's requirements to the utmost extent.~~